



## GUIDELINES FOR THE CONDUCT OF THE 2009 PALARONG PAMBANSA ARNIS COMPETITIONS

### I. COMPETITION RULES

The DepED Rules in Arnis Competition shall be implemented in the conduct of the 2009 Palarong Pambansa.

### II. EVENTS

There shall be different events in the Secondary Girls and Secondary Boys both in the Full Contact and Anyo Competitions.

#### II.1 EVENTS FOR SECONDARY BOYS

##### A. FULL CONTACT EVENTS

- |                       |                      |
|-----------------------|----------------------|
| 1. FLY WEIGHT         | 43 kilograms & below |
| 2. PIN WEIGHT         | over 43 kg – 47 kg   |
| 3. BANTAM WEIGHT      | over 47 kg – 51 kg   |
| 4. FEATHER WEIGHT     | over 51 kg – 55 kg   |
| 5. EXTRA LIGHT WEIGHT | over 55 kg – 60 kg   |

##### B. INDIVIDUAL ANYO EVENTS

1. SINGLE WEAPON CATEGORY
2. DOUBLE IDENTICAL WEAPON CATEGORY

### **C. TEAM ANYO EVENTS**

1. SINGLE WEAPON CATEGORY
2. DOUBLE IDENTICAL WEAPON CATEGORY

- **PLAYERS / PARTICIPANTS including the Coach for the ANYO COMPETITIONS will come from the members in the Full Contact Event**

## **II.2 EVENTS FOR SECONDARY GIRLS**

### **A. FULL CONTACT EVENTS**

- |                       |                        |
|-----------------------|------------------------|
| 1. FLY WEIGHT         | 37 kilograms and below |
| 2. PIN WEIGHT         | over 37 kg – 40 kg     |
| 3. BANTAM WEIGHT      | over 40 kg – 44 kg     |
| 4. FEATHER WEIGHT     | over 44 kg – 48 kg     |
| 5. EXTRA LIGHT WEIGHT | over 48 kg – 52 kg     |

### **B. INDIVIDUAL ANYO EVENTS**

1. SINGLE WEAPON CATEGORY
2. DOUBLE IDENTICAL WEAPON CATEGORY

### **C. TEAM ANYO EVENTS**

1. SINGLE WEAPON CATEGORY
2. DOUBLE IDENTICAL WEAPON CATEGORY

- **PLAYERS / PARTICIPANTS including the Coach and Chaperon for the ANYO COMPETITIONS will come from the members in the Full Contact Event**

## **III COMPETITION FORMAT**

### **A. FULL CONTACT COMPETITION**

Blind pairing of Single Elimination or Knock Out system shall be applied for the Full Contact Competitions.  
Drawing of lots should be done at least one (1) day before the Competition Day.

## **B. ANYO COMPETITION**

The Order of Performance for the Anyo Competition shall be decided through drawing of lots. This should be done at least one (1) day before the competition Day.

## **IV. GENERAL DESCRIPTION AND RULES**

(Reference: DepED Rules in Arnis Competition)

### **A. FULL CONTACT EVENT**

#### **GAME CHARACTERISTICS**

ARNIS FULL CONTACT EVENT is a combative sport played by two individuals in a court measuring 8.0 x 8.0 meters, with smooth and well kept surface. Players are paired / matched by Division of weight categories.

The game is played using prescribed padded sticks in delivering artistic and legal blows, strikes and thrust and disarming the opponent to gain score.

The winner of the match is decided by best of three rounds. Each round last for a maximum of two (2) minutes.

#### **COMPETITION AREA**

Competition area refers to the Playing Area, where the conduct of the competition shall be set or held, and the free zone around it. The playing area is a square measuring 8.0 x 8.0 meters with a 2 meter minimum free zone around it, and a clear space without any obstruction up to a height of not less than 5 meters from the playing surface.

#### **EQUIPMENT & PROTECTIVE GEARS**

Athletes are required to use the protective gears all of which should be provided by the host of the Tournament. These are:

1. Head Gear
2. Body Vest
3. Groin Guard (for boys)

4. Arm Guard
5. Hand Gloves
6. Shin Guard
7. Padded Sticks

## **UNIFORM**

Shall mean all those that form part of the athlete's outfit worn in the playing area during the competition:

1. Clean white short sleeves T-Shirt, with no extra design or accessory, except for the printed name of the team and/or logo to which the participants belong.
2. Red loose pants without any lining or design.
3. Footwear for the competition is rubber soled shoes.
4. Wearing of accessories that may cause injury such as rings, bracelets, watches, necklace, etc. are strictly not allowed.
5. Proper hygiene must be observed at all times. Fingernails cut short, long hair tied back, uniform clean and measure should be made to avoid unpleasant body odor. Spitting on the floor is not allowed.

## **SCORING**

1. A score should mean a strike delivered to a specific body point and is counted upon confirmation by the two (2) or at least one (1) of the judges, and is simultaneously recorded on the scoreboard.
2. A legitimate strike is given a score/point if it is delivered to a specific body point in correct form, that is – with power, right timing, with art, and intent.
  - a. When the two players deliver a strike simultaneously, it will not be given a point;
  - b. In an encounter, only the player who delivers the first legitimate strike or thrust is awarded a point;
  - c. In an encounter, a maximum of three (3) strikes is allowed but only the first legitimate strike will be given a point;
  - d. Hitting more than three (3) times per encounter is considered a foul.
3. A thrust to body points C and E (abdominal and leg areas) will be considered a point, provided that the requirements for a legitimate thrust, which are with power, right timing, with art, and intent are met.
4. A disarming execution is awarded a point.
5. A point is recorded on the scoreboard by the judge himself

## **BODY POINTS / TARGET AREA**

The following are the legal target area:

1. Head
2. Arms and Collars including hands
3. Torso (from chest down to waist)
4. Armpit to thigh
5. Full length of leg including feet

## **WINNING A SPECIFIC ROUND**

A player can win a round through the following manner / condition:

1. By gaining FIVE (5) POINTS.
2. By DISARMING the opponent TWICE.
3. If his/her OPPONENT committed a maximum of THREE (3) FOULS.
4. If none of these conditions are met, and the time allocated for a round has lapsed, the winner will be based on these particular order:
  - a. Who is ahead in points in general wins. In case the two (2) judges gave different set of scores, the player who has the higher points on either of the judge wins;
  - b. In case of a tie in points, a player can win through the following manner/condition:
    - i. One who has LESS DISARMING PENALTY WINS.
    - ii. One who has LESSER FOUL WINS.
    - iii. Disarming has a heavier weight than foul. One (1) Disarm is heavier than two Fouls.
  - c. If the status of both players is totally identical, the SUDDEN DEATH Rule shall be applied.

## **WINNING A MATCH**

A player can win a round through the following manner / condition:

1. A player who wins two (2) out of three (3) rounds wins the match.
2. A player wins the match if his opponent forfeits or defaults the game
3. A player wins the match if his/her opponent was disqualified in the game.

## **SUDDEN DEATH RULE**

In the event that the scores, disarms, and fouls are the same at the end of the round, the basis for declaring the winner should be decided through the Sudden Death Rule. The decision should be based on any of the clauses, whichever comes first:

- a. The first player to score wins the round
- b. The first player to commit a foul loses the round
- c. the first player to be disarmed loses the round

## **FOULS (PAGLABAG)**

The following violations if committed are considered as fouls:

1. Thrust to body point A (head area).
2. Strikes and thrust to the groin.
3. Blocking with the use of the arm. An intentional use of the hand/arm to block the opponents weapon, arm or hand.
4. Butting, elbowing, hand butting, boxing, slapping are considered fouls.
5. Kicking, kneeing, and sweeping are considered fouls.
6. Spiting, giving negative remarks, jeering and other actions inimical to the tournament rules and regulations and code of sportsmanship are considered as foul.
7. Non combativeness for ten (10) seconds is considered as foul.
8. Multiple strikes (three strikes or more) to one body point will not be given succeeding points and will be considered a foul. Nevertheless a point should be given for the first or initial strike, provided it conforms to the criteria of a legitimate strike.
9. A player who steps on the outside line or goes out of the playing boundary line should be given a foul. If his/her body, uniform or weapon touches the boundary line and the ground outside the boundary line, he/she should be given a foul.
10. Upon the command of hinto / hiwalay, and one or both of the players attack his/her opponent, he/she should be given a foul. If the attack falls at the same time with the command, it is not considered as foul.
11. A player who commits foul should be given F1, F2, F3 as the case may be and should be indicated in the scoreboard.
12. A player who commits three (3) fouls is automatically declared loser by the contest referee for that particular round.
13. Only the first foul committed is indicated in the scoreboard unless the next foul was intentional in nature or if it breaks the spirit of the game (order of occurrence).

## **COMPLAINTS AND PROTESTS**

Any complaints or protests must be made in writing by the COACH duly signed by the ATHLETIC MANAGER or AUTHORIZED REPRESENTATIVE of the delegation addressed to the Technical Committee and forwarded immediately after the match of the Official's Table. Any action made otherwise shall be nullified.

**NOTE: JUDGEMENT CALLS CANNOT BE PROTESTED**

## **B. ANYO EVENT**

### **GAME CHARACTERISTICS**

ARNIS ANYO EVENT is a demonstration of artistic, choreographed, pre arranged sets of movements, offensive and defensive techniques stick stick, wooden replica of a bladed weapon, or metallic (un-bladed) replica of a bladed weapon.

The competitions shall have two (2) rounds of Anyo performances, wherein the competitors are awarded points by the judges based on specific criteria. Each performance should have a minimum time limit of one (1) minute and a maximum of two (2) minutes.

There would be different division in the single weapon and double weapon categories in both the individual and team events. The competitors will be ranked based on the scores awarded by the judges.

### **COMPETITION AREA**

Competition area refers to the Playing Area, where the conduct of the competition shall be set or held, and the free zone around it. The playing area is a square measuring 10.0 x 10.0 meters with a 2 meter minimum free zone around it, and a clear space without any obstruction up to a height of not less than 5 meters from the playing surface.

### **EQUIPMENT / WEAPON**

Players are required to use single hand wielded weapon. They have the option to use any of the following:

- |                        |   |                   |                           |
|------------------------|---|-------------------|---------------------------|
| 1. Wood / Rattan Stick | : | length 60 – 90 cm | diameter 1.3 – 3.8 cm     |
| 2. Wooden Replica      | : | length 60 – 90 cm | ethnic Filipino in origin |
| 3. Metallic Replica    | : | length 60 – 90 cm | ethnic Filipino in origin |

## **COSTUME**

Shall mean all those that form part of the athlete's attire worn in the competition area during the tournament. It should be ethnic Filipino in nature.

## **MUSICAL ACCOMPANIMENT (OPTIONAL)**

The participant / team may or may not choose to have a musical accompaniment with their performance. Should they opt to have musical accompaniment, it should be ethnic Filipino in nature and should be recorded on cassette or audio CD.

## **SCORING**

1. A score should mean points awarded by the judges to the performer/s and should be reflected on the scoreboard.
2. A score should have a numerical value from 6 – 10 with an increment of 0.5.
3. Scoring should be based on specific criterion.

## **CRITERIA**

### **ON THE PERFORMANCE OF THE PLAYER/S**

#### **1. COORDINATION OF MOVEMENTS (Individual Events)**

Harmonization and dexterity of the movements of arms, legs, head, body and weapons of the performers. Well balanced actions, steps, stance and movements (sense of balance). Precise timing, indistinguishable, identical harmonic and rhythmic movements of the arms, legs, head, body and weapons of the performers/group during the duration



**1.b SYNCHRONIZATION (Team Events)**

Precise timing, indistinguishable, identical harmonic and rhythmic movements of the arms, legs, head, body and weapons of the performers/group during the duration of the performance.

**2. ARTISTIC EXECUTION**

Graceful, elegant, refined, stylist and animated execution of the martial art movements of the performer

**3. BEARING AND STAGE PRESENCE**

Manner, composure, attitude, poise and posture of the performer during the performance.

**FOR THE FORM (ANYO)**

**4. DEGREE OF DIFFICULTY**

The magnitude of complicatedness, complexity, intricacy of the movements of the arms, body and legs in executing martial art techniques of the whole performance.

**5. CREATIVITY**

Originality, inventiveness, and imaginativeness of the forms and movements without sacrificing the effectiveness of the martial art movements.

**PENALTIES & VIOLATIONS**

Contestant are given penalties for violations of the competition rules and regulations. (Deductions are being taken from the TOTAL Average Score).

**1. VIOLATION ON TIME LIMIT**

Violation of time limit should cause the participant/s deduction of points. 0.2 points should be deducted for every second short of the minimum one (1) minute or in excess of the maximum two (2) minutes.

**a. IF** the performance is short or in excess of twenty (25) seconds or more in the allowable time, the maximum five (5) points shall be deducted from the Total Average Score of the performer/s.

**b. IF** the participant/s fails to give the Official Courtesy in either the start or end of performance, the maximum five (5) points shall be deducted from the Total Average Score of the performer/s.

## **2. STEPPING and/or GOING OUT OF THE BOUNDARY LINE**

Stepping and/or going out of the boundary line will cause the performer/s a deduction of five (5) points per violation. A maximum of three (3) violations shall be deducted from the participant/s during each performance.

## **3. DISARMING VIOLATION**

Performer/s who accidentally loses grip of the weapon/s should be given a deduction of five (5) points per violation. A maximum of three (3) violations shall be deducted from the participant/s during each performance.

**4. VIOLATION OF DUTIES AND RESPONSIBILITIES** of the participants and delegation officials shall have the corresponding penalties (refer to rule 5, IAF Rulebook)

- |                   |   |
|-------------------|---|
| a. FIRST OFFENSE  | Warning   |
| b. SECOND OFFENSE | Deduction of five (5) points<br>On the player / team. |
| c. THIRD OFFENSE  | Disqualification of the player / team.                |

## **COMPLAINTS AND PROTESTS**

Any complaints or protests must be made in writing by the COACH duly signed by the ATHLETIC MANAGER or AUTHORIZED REPRESENTATIVE of the delegation addressed to the Technical Committee and forwarded immediately after the match of the Official's Table. Any action made otherwise shall be nullified.

### **NOTE:**

**JUDGEMENT CALLS CANNOT BE PROTESTED**